



Eight Limbs Yoga – October Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
<p>MONTHLY MEMBERSHIP UNLIMITED YOGA \$87.50 STUDENTS/SENIORS \$79.50</p>				7-8 am Rise & Shine 12-12:50 pm Fun Flow 5-5:45 pm Core Flow 6:30-8:00 Pop-up Power Yoga with Jess	7-8 am Rise & Shine 10-11 am Gentle Hatha 5-6 pm Pilates 6:30-7:30 pm Ashtanga Short Form	8-9 am Vinyasa 9:30-10:30 Vin-Yin
				4	5	6
8-9 am Ashtanga 9:30-10:30 am Happy Hips 7:30-8:30 pm Sunday Surrender	7-8 am Rise & Shine 10-11 am Gentle Hatha 5:30 -6:30 pm Vinyasa 7-8 pm Beginner Yoga	7-8 am Power Yoga 12-12:50 pm Love Your Hips & Hamstrings 5-5:45 pm Yoga Build 6:30-7:30 pm Yin Level 1	7-8 am Rise & Shine 10-11 am Gentle Hatha 12-12:50 Pilates 5:30-7 pm Ashtanga 7:30-8:30 pm Meditation	7-8 am Rise & Shine 12-12:50 pm Fun Flow 5-5:45 pm Core Flow 6:30-7:30 Tai-chi-quan & Qi-gong	7-8 am Rise & Shine 10-11 am Gentle Hatha 5-6 pm Pilates 6:30-7:30 pm Ashtanga Short Form	8-9 am Vinyasa 9:30-10:30 Vin-Yin
11	12	13	14	15	16	17
8-9 am Ashtanga 9:30-10:30 am Happy Hips 7:30-8:30 pm Sunday Surrender	7-8 am Rise & Shine  5:30 -6:30 pm Vinyasa	7-8 am Power Yoga 12-12:50 pm Love Your Hips & Hamstrings 5-5:45 pm Yoga Build 6:30-7:30 pm Yin Level 1	7-8 am Rise & Shine 10-11 am Gentle Hatha 12-12:50 Pilates 5:30-7 pm Ashtanga 7:30-8:30 pm Meditation	7-8 am Rise & Shine 12-12:50 pm Fun Flow 5-5:45 pm Core Flow 6:30-7:30 Tai-chi-quan & Qi-gong	7-8 am Rise & Shine 10-11 am Gentle Hatha 5-6 pm Pilates 6:30-7:30 pm Ashtanga Short Form	8-9 am Vinyasa 9:30-10:30 Vin-Yin 1-2:30 pm Restore to Balance
18	19	20	21	22	23	24
8-9 am Ashtanga 9:30-10:30 am Happy Hips 7:30-8:30 pm Sunday Surrender	7-8 am Rise & Shine 10-11 am Gentle Hatha 5:30 -6:30 pm Vinyasa 7-8 pm Beginner Yoga	7-8 am Power Yoga 12-12:50 pm Love Your Hips & Hamstrings 5-5:45 pm Yoga Build 6:30-7:30 pm Yin Level 1	7-8 am Rise & Shine 10-11 am Gentle Hatha 12-12:50 Pilates 5:30-7 pm Ashtanga 7:30-8:30 pm Meditation	7-8 am Rise & Shine 12-12:50 pm Fun Flow 5-5:45 pm Core Flow 6:30-7:30 Tai-chi-quan & Qi-gong	7-8 am Rise & Shine 10-11 am Gentle Hatha 5-6 pm Pilates 6:30-7:30 pm Ashtanga Short Form	8-9 am Vinyasa 9:30-10:30 Vin-Yin
25	26	27	28	29	30	31
8-9 am Ashtanga Half Primary 9:30-10:30 am Happy Hips 7:30-8:30 pm Sunday Surrender	7-8 am Rise & Shine 10-11 am Gentle Hatha 5:30 -6:30 pm Vinyasa 7-8 pm Beginner Yoga	7-8 am Power Yoga 12-12:50 pm Love Your Hips & Hamstrings 5-5:45 pm Yoga Build 6:30-7:30 pm Yin Level 1	7-8 am Rise & Shine 10-11 am Gentle Hatha 12-12:50 Pilates 5:30-7 pm Ashtanga 7:30-8:30 pm Meditation	7-8 am Rise & Shine 12-12:50 pm Fun Flow 5-5:45 pm Core Flow 6:30-7:30 Tai-chi-quan & Qi-gong	7-8 am Rise & Shine 10-11 am Gentle Hatha 5-6 pm Pilates 6:30-7:30 pm Ashtanga Short Form	8-9 am Vinyasa 9:30-10:30 Vin-Yin